

BIRTH CONTROL

Choosing a method that works for you.

There are many different types of birth control available today. All of the methods below can help prevent pregnancy.



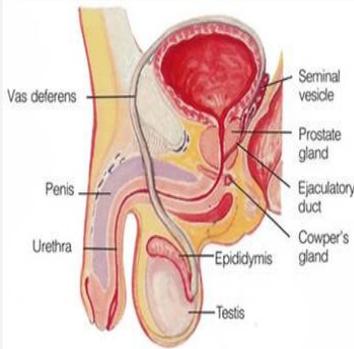
TYPE OF CONTRACEPTIVE	HOW DO I USE IT?	HOW WELL DOES IT WORK?	PRESCRIPTION?
Abstinence Not having sex 	<p>“Not right now” or “no vaginal sex” is the only guaranteed way to not get pregnant. Abstinence involves a lot of self-control and people may practice it for different reasons.</p>	100%	No
IUD/IUS Mirena, Skyla Liletta, Kyleena Paragard 	<p>A small, t-shaped device that gets inserted into the uterus by a healthcare provider. It's invisible, easy and offers between 3 & 10 years of pregnancy protection.</p>	99.2 - 99.9% No STI protection	Yes
Implant Nexplanon 	<p>A soft, flexible rod that is inserted under the skin of the inner arm. Invisible, easy and very effective. Gives 3 years of pregnancy prevention.</p>	99.8 - 99.8% No STI protection	Yes
Sterilization 	<p>A procedure that closes the fallopian tubes in women and vas deferens in men.</p>	95.5 - 99.9% No STI protection	Yes
The Shot Depo-Provera 	<p>A shot given by a health care provider that offers pregnancy protection for up to 3 months. Private and a good method for those who can't take estrogen.</p>	94 - 99.7% No STI protection	Yes
Birth Control Pills 	<p>An easy to swallow pill taken once a day at the same time of the day. Can have positive side effects.</p>	91 - 99.7% No STI protection	Yes
Vaginal Ring NuvaRing 	<p>A small, bendable ring that is inserted into the vagina. Leave it in place for 3 weeks and take it out on the 4th week. It is easy to use, works like the pill and protects for 1 month.</p>	91 - 99.7% No STI protection	Yes
The Patch Xulane 	<p>A small, beige piece of plastic that looks like a Band-Aid. Easy to use, works like the pill and you only have to change it once a week.</p>	91 - 99.7% No STI protection	Yes
Condom 	<p>Condoms slip over the penis to prevent pregnancy and STIs by keeping sperm inside the condom. There are also female condoms that go inside the vagina.</p>	82 - 98% Some STI protection	No
Withdrawal “Pulling Out” 	<p>The withdrawal method refers to pulling the penis out of the vagina prior to ejaculation to prevent pregnancy.</p>	78 - 96% No STI protection	No
Spermicide 	<p>Spermicide refers to a gel, cream, film, foam, or suppository that deliver chemicals to stop sperm from moving. It is inserted into the vagina before sexual contact.</p>	72-82% No STI protection	No
Emergency Contraception 	<p>A single pill taken within 72 hours after unprotected sex or contraceptive failure. The sooner it is taken, the more effective it is.</p>	89% (within 24 hours) No STI protection	No

How Does Pregnancy Happen?

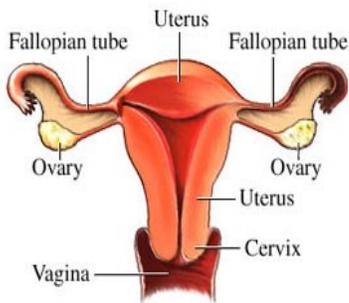
For a baby to be made there needs to be an **egg** and a **sperm**.

- Men begin making sperm in the testes when they start puberty (about age 13) and they continue to make sperm for their entire lives. Sperm and other fluids from the Seminal Vesicles and Cowper's Gland mix together to make **semen**.

Male Reproductive System



Female Reproductive System



- Women are born with all the eggs they will ever have (about 400,000 at the beginning of puberty). An egg is released from an ovary about once a month, between periods, this is called **ovulation**. Once the egg is released it will live for 24-48 hours and will travel through the fallopian tubes and into the uterus.
- If a male ejaculates into a female without a barrier method (like a condom) then the sperm will enter the vagina and travel through the cervix, into the uterus, and the fallopian tubes. **Sperm can live in the female's body for 5 to 7 days!**
- Women's menstrual cycles vary from 21-45 days. Some women have regular cycles after about 2 years of menstruating and many women's cycles vary their entire lives. A woman can **ovulate** (release an egg) on a different day in her cycle each month, especially if her periods vary in number of days. That means there is **no safe time** to have unprotected sex if someone does not want to get pregnant or cause a pregnancy!
- If sperm are in the female's **uterus or fallopian tubes** while the egg is alive then there is a possibility for the sperm to fertilize the egg.
- If **fertilization** occurs, then the fertilized egg will implant into the wall of the uterus and begin to develop into a baby.
- If fertilization does not occur, then the egg will break down and the wall of the uterus will shed and the female will **menstruate** (have a period).

Common Birth Control Myths

Hormonal birth control methods will make you gain weight. X

Studies have consistently shown no significant weight gain with the use of hormonal birth control methods, with the exception of Depo Provera (the shot). Depo is associated with a weight gain of 3-5 lbs., mostly due to an increased appetite.

Being on birth control for too long messes with your fertility. X

Taking birth control for a long period of time will **not** lessen your chance of getting pregnant after you stop taking it. After stopping birth control, your body's hormones go back to normal very quickly, and it is possible to get pregnant right away.

Plan B is the same thing as the abortion pill. X

Emergency contraception, or Plan B, is not the same thing as the abortion pill. Emergency contraception will not harm a pregnancy if it has already occurred.

As soon as you start taking the pill or using the patch you are good to go. X

It actually takes a little time for the pill or the patch to get the hormone levels up in your system. Talk to your health care provider about when these methods will start being effective at preventing pregnancy, and use a back up method, like a condom, until then.



Questions? Contact **The Downtown Health Center** by calling (541) 322-7499

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